

Activities for Adults



Visual Arts & Crafts

For materials lists for all adult visual arts classes, visit www.tempe.gov/arts/ArtEducation or the Vihel Center main office. Bring materials you currently have to the first class and the instructor will review the supply list.

Oil & Acrylic Painting 480-350-5287-Basic course emphasizing composition, color theory, techniques and subject matter. Estimated cost of materials is \$75. Instructor: Donna. Fee: \$48.
3009 Adult M 9/11-10/30 6:30-9:30pm VIH

Watercolor Painting 480-350-5287-Emphasis is on technique and subject matter. For the beginning and intermediate student. Estimated cost of materials is \$40 depending on projects selected. Instructor: Donna. Fee: \$48.
3025 Adult W 9/13-11/1 6:30-9:30pm VIH

Holiday Floral Design Workshop 480-350-5287-Learn to make holiday arrangements; wreaths, swags, centerpieces, and bows! Participants provide their own materials at second class for this 3 week workshop. Fee: \$30
4034 Adult Th 9/14-9/28 7-9:30pm VIH

The Art of the Gift 480-350-5287-This fun 4-week workshop series will show you a multitude of great gift giving ideas. Learn to make your own cards, gift tags and wrapping paper and many more unique ideas to personalize any gift you may give. Fee: \$40
4009 18yrs+ Th 10/5-10/26 6:30-7:30 pm VIH

Knitting; Beginner 480-350-5201-Knitting is a fun, popular and easy handcraft to learn. This class will introduce you to basic knitting stitches, tools and pattern reading. Learn a relaxing and productive skill that you can enjoy for years to come. Fee includes instructional handouts, knitting needles and yarn. Fee: \$57.
3369 16yrs+ W 10/25-11/1 6-9pm KRC

➤ **NEW! Knitting; Beginner's Next Step 480-350-5201**-This class is for beginners who would like to gain more advanced knitting skills. Students will learn a variety of new knitting techniques to enhance their next project. Prerequisite: Knitting, Beginner. Fee: \$57.
3468 16yrs+ Su 9/17-9/24 1-4pm KRC
3469 16yrs+ Su 11/12-11/19 1-4pm KRC

➤ **NEW! Quilting; Beginning 480-350-5201**-Learn basic quilting and piecing techniques that will start you on your way to becoming a quilter. Fee: \$63.
3471 16yrs+ W 11/8-11/15 6-9pm KRC

Sewing, Basics 480-350-5201-Do you have a sewing machine that you would like to put to use? This class will provide an introduction to basic machine sewing. Bring sewing machine and manual to class. View Supply list at www.tempe.gov/pkrec/krc. Fee: \$44.
3376 16yrs+ M 10/2-10/9 9:30am-12:30pm KRC
3470 16yrs+ Su 10/1-10/8 1-4pm KRC

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Sewing; Pattern Sewing 480-350-5201-This two part class will introduce you to using patterns for clothing and crafts. You'll learn pattern lingo, techniques and discover easy way to find and follow pattern instructions while completing your pattern sewing project. A sleep wear pattern including top, boxer shorts or Capri/full length pants will be used for class and will be provided by the instructor. Prerequisite: Sewing Basics. Bring sewing machine and manual to class. View Supply list at www.tempe.gov/pkrec/krc. Fee: \$60.
3377 16yrs+ Su 10/15-10/22 1-4pm KRC

Jewelry & Metalsmithing

➤ **Special Bead Workshop!! Tibetan Traveling Gau Box**
August 15, 2006 10:00 am
Edna Vihel Center for the Arts
3340 S. Rural Road, Tempe, AZ 85282
A gau is an amulet box that acts as a form of protection for men and women in Tibet. These protective boxes contain objects that are precious to the owner or items from the environment in which they live. Participants will create their own traveling gau box filled with beads, cloth and other found materials. Registration is ongoing for this one of a kind workshop. Fee: \$5.
4010 all ages T 8/15 10-11:30 am VIH

Basic Beading Class 480-350-5201-Learn about the tools and materials needed to make your own basic jewelry, as well as how to finish it off with crimps and clasps. Each student will make and keep a necklace and a pair of earrings. Bring glasses if necessary for detail work. All materials provided. Fee: \$23. Required supply fee \$8.
3288 18yrs+ Sa 9/9 10am-12:30pm KRC

➤ **NEW! Holiday Beading Party 480-350-5201**-Spend the afternoon making earrings (\$5), bracelets (\$10) and necklaces (\$15). Enjoy refreshments and music while creating your jewelry. Instruction is available, all tools, accessories and beads are provided. No experience necessary. Come and go as you please. Registration fee (\$10) does not include price of jewelry. Fee: \$10.
3498 10yrs+ Sa 11/4 12:30-4:30pm KRC

Wire Bead Connector Class 480-350-5201-Learn how to use wire to create fabulous shapes to use as jewelry connectors. Then, incorporate them with beads to make a unique bracelet. All materials provided. Prerequisites: Beginning and Intermediate Wire Wrapped Jewelry. Fee: \$23. Required supply fee \$8.
3496 18yrs+ Sa 10/21 10am-1pm KRC

Wire Ring Class 480-350-5201-Learn how to make several varieties of rings out of wire! Beads, wire and tools provided. Previous wire experience recommended Fee: \$17. Required supply fee \$5.
3497 18yrs+ Sa 11/18 10am-12:30pm KRC

Wire Wrapped Jewelry; Beginning 480-350-5201-Learn about the tools, materials and strategies necessary to make basic wire-wrapped jewelry. Each student will make and keep a wire-wrapped bracelet or anklet. Bring glasses if necessary for detail work. All materials provided. Fee: \$23. Required supply fee \$8.
3410 18yrs+ Sa 9/23 10am-12:30pm KRC

Wire Wrapped Jewelry; Intermediate 480-350-5201-Learn valuable new skills to add to your knowledge of wire-wrapped jewelry. Learn how to make your own findings and how to incorporate new techniques into your wire-wrapped designs. Prerequisite: Beginning Wire Wrapped Jewelry. Bring glasses if necessary for detail work. All materials provided. Fee: \$23. Required supply fee \$8.
3411 18yrs+ Sa 10/7 10am-12:30pm KRC

For a list of suggested materials and jewelry supply retailers, visit www.tempe.gov/arts/ArtEducation or the Vihel Center main office. Safety glasses are required for students in all jewelry classes and must be brought to the first class.

Jewelry I-A course for beginners. Learn how to use a jeweler's saw and file and finish metal with silver solder. Work with silver, copper and brass in sheet and wire form. Supply costs vary depending on materials and tools needed; approximate cost is \$75. Fee: \$80.
2996 Adult M 9/11-10/30 6-8:45pm PAC

Enameling for Jewelry -Learn the ancient and contemporary techniques of fusing glass to metal in this introductory class. This course will be focusing on specific techniques as applied to jewelry, such as design and special settings for enamel cabochons. Emphasis will be placed on mastering the basics: sifting, firing, mark-making, and knowledge of color interactions. Supply costs will vary depending on materials and tools needed; approximate cost is \$50. Instructor: Jessica. Fee: \$80.
2986 Adult T 9/12-10/31 6-8:45pm PAC

Tube Stone Setting-4-Weeks. Working in sterling silver, learn the basics of tube setting, including making your own step bezels for faceted stones. This session will include settings on rings and pendants. Supply costs will vary depending on materials and tools needed. Fee: \$40.
4041 Adult W 9/13-10/4 6-8:45pm PAC

Forging-Students will start by making samples of different forged shapes to build their understanding of how metal can be manipulated with hammers. A bracelet and necklace of your own design will be made by the end of the session with knowledge of forging techniques. Supply costs will vary depending on materials and tools needed. 4 weeks. Fee: \$40.
2972 Adult W 10/11-11/1 6-8:45pm PAC

Jewelry Open Studio-PREVIOUS EXPERIENCE REQUIRED. For safety, only experienced participants are eligible. Must be currently enrolled in a City of Tempe jewelry class, or have completed a Tempe jewelry class within the last year. Supervisor: Jessica. Fee: \$80.
2997 Adult Th 9/14-11/2 6-8:45pm PAC

Metal-forming-Learn how to integrate die-forming into your metalwork as a quick way to make shallow relief and 3-D forms. The method is applicable to production jewelry, fabricated containers and much more. Hydraulic press forming and chasing and repoussé will be taught. Supply cost will vary; approximate cost is \$60. 4-week class. Instructor: Jessica. Fee: \$40.
3005 Adult Sa 9/16-10/7 1-3:45pm PAC

Ceramics

All Ceramics students must bring Cone 10 clay and required supplies to the first class. For a list of required materials and ceramics supply locations, visit www.tempe.gov/arts/ArtEducation or the Vihel Center main office.

Classes-Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- * Closed-toe shoes are required for ceramics, pottery and jewelry classes.
- For information call 480-350-5287.

Pottery Club-Enjoy a leisurely morning of hand building and throwing on the wheel. All skill levels welcome to attend this self-paced class. Instruction is provided by Bridget. Free open studio time is included in cost of class. Fee: \$100.
3014 Adult W 9/13-11/1 9am-Noon VIH

Ceramics Survey-Beginning pottery class that focuses on hand building, an introduction to throwing and glazing techniques. Free open studio time is included in cost of class. Instructor: Bridget. Fee: \$100.
2974 Adult T 9/12-10/31 6:30-9:30pm VIH

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Ceramics II-Pre-requisite: Ceramics Survey. A combination of throwing and hand building for continuing students. Explore surface decoration and slip techniques. Students select projects with instructor approval. Free open studio time is included in cost of class. Instructor: Bridget. Fee: \$100.

2975 Adult Th 9/14-11/2 6:30-9:30pm VIHEL

Throwing I-Pre-requisite: Ceramics Survey. This class is designed to introduce skills for the potter's wheel through a series of structured drills and projects. Activities also include glazing. Free open studio time is included in cost of class. Instructor: Bridget. Fee: \$100.

3022 Adult M 9/11-10/30 6:30-9:30pm VIHEL

Throwing II-Pre-requisite: Throwing I. Class focus is the creation of a variety of styles and shapes as well as an exploration of glazing techniques. Also, self-directed projects with instructor approval. Free open studio time is included in cost of class. Instructor: Bridget. Fee: \$100.

3023 Adult W 9/13-11/1 6:30-9:30pm VIHEL

Ceramics Open Studio-Open studio time is available free of charge to all students currently enrolled in any adult Fall ceramics class. Open studio times are Sa, 1:30-4:30pm and W, 12:15-3:15pm during weeks of class session.

Dance & Music

For information call 480-350-5287 unless otherwise indicated.



Elements Amazing Electronic Piano-480-350-5200-Learn keyboard skills on real songs you know and love! Level 1: learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Level 2: learn to read music on the bass clef in a grand staff format. After completing both levels you will be able to buy a piece of sheet music, read the notes, and play it! Keyboards are provided to each student for classroom use; all music materials are included. For more information call Elements Music at 623-933-0681. *No class 10/26. Fee: \$110

Level 1

3047 13yrs+ Th 9/21-11/9* 6-7pm PAC

Level 2

3048 13yrs+ Th 9/21-11/9* 7:15-8:15pm PAC

Argentine Tango & N.Y. Hustle for Singles-Learn two of today's hottest dances. Enjoy the creativity, playfulness and freedom of the New York Hustle danced to upbeat music, and experience beautiful, passionate, authentic Argentine Tango. Turn heads in any nightclub and become a popular partner with these hot and sassy dances! Instructor: Chad. Fee: \$32 per person.

2946 Adult W 9/13-11/1 8-8:55pm NSA

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Ballroom Boot Camp-Elevate your dance to the next level. This class will focus on several different dance styles. For the experienced dancer to move with elegance, grace and style. Register with a partner. Instructor: Chad. Fee: \$32

2954 Adult Th 9/14-11/2 5:45-6:50pm VIHEL

Ballroom Dance I-It's not just for the stars! Cozy up with Foxtrot, glide smoothly in an elegant Waltz and experience the romantic and playful Rumba. Sizzle up the dance floor with the hot Latin beat of Merengue! Learn for the fun of it, for social outings, cruises, weddings and all occasions. Register with a partner. Instructor: Chad. Fee: \$32 per person.

2955 Adult M 9/11-10/30 6:30-7:25pm VIHEL

Ballroom Dance II-Must also register for Ballroom Dance I. Continue practicing your skills while refining your technique, footwork, posture, attitude and style. Register with a partner. Instructor: Chad. Fee: \$8 per person.

2956 Adult M 9/11-10/30 7:30-7:55pm VIHEL

Belly Dance I-This beginning class introduces you to belly dance moves and music. Learn the exotic way to exercise and have fun with Samia. Fee: \$32.

2968 12yrs+ W 9/13-11/1 6:30-7:25pm VIHEL

Belly Dance II-This intermediate class focuses on more advanced movements and dances. Includes veil and floor work and new zil patterns. Instructor: Samia. Fee: \$32.

2969 12yrs+ W 9/13-11/1 7:30-8:25pm VIHEL

Belly Dance III-Advanced performing class. Work on polishing and perfecting your performance skills while adding moves and dancing to Middle Eastern music. Instructor: Samia. Fee: \$32.

2970 12yrs+ W 9/13-11/1 8:30-9:25pm VIHEL

Beginning Guitar-Get to know, tune and care for your guitar. This class will teach you basic scales, chords and strumming. You will play songs while learning about different types of music. Students must provide own guitars (acoustic or electric without amps). Beginning songbook included in class price. Instructor: George. Fee: \$45.

2960 14yrs+ T 9/12-10/31 6-7:25pm NSA

2961 14yr+ T 9/12-10/31 7:30-8:55pm NSA

2962 14yrs+ Th 9/14-11/2 6-7:25pm NSA

Beginning Guitar II-Pre-requisite: Beginning Guitar. For those who love to play guitar and have knowledge of basic chords. In this class you will learn more bar chords, performance styles and songs. Students must provide own guitars. Intermediate songbook included in class price. Instructor: George. Fee: \$45.

2959 14yrs+ Th 9/14-11/2 7:30-8:55pm NSA

Hip-Hop-Looking for a high energy class where you can learn today's hottest moves? Come dance to top hits while picking up the basics of this physical, street-based art form. Instructor: Jennifer. Fee: \$32.

2993 Adult T 9/12-10/31 7-7:50pm NSA

Jazz Dance-Learn all the different styles of jazz in this introductory to intermediate level of dance. Jazz varies from Broadway, Jazz Funk to Lyrical. Structure of class varies from stretching on barre to learning fast moving combinations across the floor. Instructor: Jennifer. Fee: \$32

4011 Adult T 9/12-10/31 8-8:50pm NSA

Latin Dance I-Experience Latin dancing! Come learn various Latin dances such as the Cha-Cha, Rumba/Bolero, Mambo/Salsa, Merengue and Samba. Register with a partner. Instructor: Chad. Fee: \$32 per person.

2999 Adult M 9/11-10/30 8-8:55pm VIHEL

Latin Dance II-Must also register for Latin Dance I. Continue work on more advanced variations, body rhythm and action, footwork, lead/follow, styling and technique. Register with a partner. Instructor: Chad. Fee: \$8 per person.

3000 Adult M 9/11-10/30 9-9:25pm VIHEL



Latin Dance for Singles-Want to learn the latest Latin moves, but don't have a partner at hand? Come learn Salsa and other Latin dance styles! Instructor: Chad. Fee: \$32.

2998 Adult W 9/13-11/1 7-7:55pm NSA

Line Dance Beginning-This is a perfect class for the beginner who would like to learn at a slower pace. Focus is on form, technique and terminology. Partner not required. Instructor: Fran. Fee: \$32.

3001 Adult T 9/12-10/31 6-7pm VIHEL

Line Dance Easy Intermediate-A great class to learn patterns and rhythm for Social or Line Dance. Partner not required. Instructor: Fran. Fee: \$32.

3002 Adult T 9/12-10/31 7-8pm VIHEL

Line Dance Intermediate/Advanced-Pre-requisite: Line Dance Beginning. For those who love to dance and have previous experience, this class presents continued learning and challenges. Partner not required. Instructor: Fran. Fee: \$32.

3003 Adult T 9/12-10/31 8-9pm VIHEL

Swing I-Learn to dance the latest moves to a variety of rhythms. Whether you call it Jive, Jitterbug, Lindy, East Coast or West Coast, come have a swinging good time. Register with a partner. Instructor: Chad. Fee: \$32 per person.

3017 Adult Th 9/14-11/2 7:30-8:25pm PAC

Swing II-Must also register for Swing I. An extended session for experienced dancers who seek an extra challenge. Learn quicker transitions and variations, better control and balance, timing and rhythm changes. Learn connection and centering. Register with a partner. Instructor: Chad. Fee: \$8 per person.

3018 Adult Th 9/14-11/2 8:30-8:50pm PAC

Tap I-A beginning class to learn basic tap steps and work on a new dance routine. Lots of fun and good exercise! Instructor: Mary. Fee: \$32

3019 Adult Th 9/14-11/2 6-6:50pm NSA

Tap II-Continue working on new routines while expanding your repertoire of steps, jumps and turns. Instructor: Mary. Fee: \$32

3020 Adult Th 9/14-11/2 7-7:50pm NSA

Tap III-For the more advanced tapper. Continue working on routines while further expanding your repertoire of steps, jumps and turns. Instructor: Mary. Fee: \$32.

3021 Adult Th 9/14-11/2 8-8:50pm NSA

Tribal Fusion Dance-Explore the many facets of the world's oldest known dance. Each class presents a different facet including old style ethnic belly dance, modern cabaret belly dance, Rom (gypsy), ballet arms yoga exercises to enhance the dance add to the fusion potentials of main facets to create your own unique self expression with lots of fun. Instructor: Morgiana. Fee: \$32.

3024 12yrs+ Th 9/14-11/2 7-8:25pm VIHEL

Wedding and Anniversary Survival 101-A two-part crash course for brides and grooms, members of a wedding party, or anyone headed for a special event who wants to move in style! The first four weeks will focus on your special songs. The rest of the class will focus on making social dance look good and feel comfortable, as we move to popular songs. Bring a CD of your special song for practice. Register with a partner. Instructor: Chad. Fee: \$32 per person.

3026 Adult W 9/13-11/1 9-9:55pm NSA

Activities for Adults

General Interest

Alert Parents, Safer Kids 480-350-5201-Do your children attend school? Do they participate in sports? Are they ever with someone other than you? If you answered 'yes' to any of these questions this program is for you! It's time to be realistic and understand we can't put the responsibility for children's safety only on the children- we have to be involved and educated too. Parents learn valuable information supported by Security Specialists, Law Enforcement and authorities from Missing Persons Organizations. We focus on information not available in any other safety program for parents. Class attended by adults only. If both parents want to attend, the second registration is \$10 (call 480-350-5752 for this discounted registration). Teachers earn 2 CEUs. Bring pen and paper, optional \$5 book available. Fee: \$27.
3277 18yrs+ T 10/3 6:30-8:30pm KRC



Baby Signs® Workshop 480-350-5201-Parents, prevent frustration and tantrums from your child by teaching them to communicate through sign language. Increase your child's vocabulary and learning potential. This workshop is designed for parents of infants, toddlers and parents to be. A \$40 supply fee is due to the instructor at the beginning of class. (Parent workshop, only adults may attend.) Fee: \$29.
3278 18yrs+ Sa 9/16 9-11:30am KRC
3503 18yrs+ Th 11/9 6-8:30pm KRC

Check Out a Baby Brain Boxes-The Tempe Public Library and Escalante Community Center offer these interactive and beneficial activities for parents/caregivers and children. The Baby Brain Boxes consist of 12 individual kits: two for infants (infant-6 months), two for babies (6-12months), two for toddlers (12-18 months) and six for pre-school (18-24 months) children. Each box contains activities that encourage healthy brain development. Specific instructions are included. Numbers are limited. Parents/Care givers can check out one box at a time for a two week period. Parents/ Caregivers are responsible for replacing all perishables, lost or damaged items. To check out a baby brain box call 480-350-5802. Fee None.
18yrs+ T-F 9/12-12/15 11am-5pm ESCA

Creating a More Positive Future 480-350-5511-Personal coach and goals strategist, Nancy Nordstrom, helps attendees realize their goals and improve their lives by finding and keeping a positive outlook.
W 10/25 6:30pm CAFÉ

Dog Training-Socialized obedience for pet owners who don't want to be dog trainers, but want control of their dog. Training leash (6') and nylon slip collar required, no prong collars permitted. Slip collar available for purchase from instructor \$3-\$5. Dogs must be at least 5 months old and have had all shots and license. Proof required of both vaccinations and licensing at first class. Must attend all classes to be eligible for test and certificate. Fee: \$39.



3053 18yrs+ Sa 9/16-11/4 9-10am HOL
3052 18yrs+ W 9/20-11/8 6:30-7:30pm HOL

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

American Heart Association®



Fighting Heart Disease and Stroke

CPR Heartsaver plus AED 480-350-5201-This course is intended for the general public. This American Heart Association (AHA) course teaches the basic techniques of adult, child and infant CPR (cardiopulmonary resuscitation), how to use an Automated External Defibrillator (AED), what barrier devices are and what to do for choking. The course teaches how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. It also teaches ways to prevent many childhood emergencies. Participation cards will be issued at the successful completion of the course. Students must purchase Heartsaver CPR/AED book (\$12) before class, (available in the Kiwanis Recreation Center pro shop.) Fee: \$30.
3324 16yrs+ Sa 9/16 8:30am-12:30pm KRC
3325 16yrs+ Sa 10/28 8:30am-12:30pm KRC
3326 16yrs+ Sa 11/18 8:30am-12:30pm KRC

CPR Health Care Provider 480-350-5201-This American Heart Association BLS (Basic Life Support) Healthcare Provider course is designed to meet the needs of healthcare professionals. The course includes adult and pediatric CPR, mouth to mask techniques, bag valve mask use, foreign-body airway obstruction and two-rescuer CPR. This course also contains information on barrier devices, stroke and AED use. Participation cards will be issued upon successful completion of the course. Students must purchase Healthcare Provider book (\$12) before class, (available in the Kiwanis Recreation Center pro shop.) Fee: \$35.
3321 16yrs+ Sa 9/30 8:30am-12:30pm KRC
3322 16yrs+ Sa 11/4 8:30am-12:30pm KRC
3323 16yrs+ Sa 12/2 8:30am-12:30pm KRC

First Aid; HeartSaver 480-350-5201-This course is intended for the general public. This American Heart Association (AHA) course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. This course follows OSHA's recommendations for training the lay rescuer or non-healthcare professional in the proper techniques of emergency response and basic first aid. Topics covered include first responder procedures for the management of common medical emergencies (diabetes, environmental, seizure, allergic reactions) and traumatic injuries (shock, burns, bleeding, fractures). Students must purchase a Heartsaver First Aid book (\$9) before class, (available in the Kiwanis Recreation Center pro shop.) Participation cards will be issued at the successful completion of the course. Fee: \$35.
3344 16yrs+ Sa 10/21 8:30am-12:30pm KRC
3345 16yrs+ Sa 11/11 8:30am-12:30pm KRC
3346 16yrs+ Sa 12/9 8:30am-12:30pm KRC

Dogs: Save-A-Pet-Taught by local veterinarians, class covers areas such as first aid for pet injuries or poisoning and CPR. A "must" for all pet owners. Tips on pet care and health is also included, as well as "hands-on" CPR with the resuscidog. Informative booklet included. Fee: \$11
3156 18yrs+ T 10/17 6:30-8:30pm UNIV

Empowering Women-See page 7 for more information.

French Language and Culture-480-350-5200-A beginner's class for those who would like to learn about the country of France and the French language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art, music and more of this interesting country. Instructor: Isabelle. Fee: \$37.
3056 16yrs+ M 9/18-11/6 6:15-7:30pm WCC

Goal Setting 480-350-5511-Motivational speaker James Murphy will present a seminar about creating goals, measuring results, prioritizing, and finding the self-discipline to sustain your commitment.
W 9/27 7pm CAFÉ

For Kid Zone job opportunities see page 16.

➤ **NEW! Life Coaching Group Circles**-Do certain aspects of your career or personal life feel out of balance? In coaching circles, you will explore 8 general areas of your life that directly affect your ability to succeed in life. This is completed in a group setting and with the assistance of a certified Life Coach. The objective is to focus on your goals and create clarity in your life. Fee: \$90.
3065 18yrs+ T 9/12-11/7 6-7:30pm ESCA

➤ **NEW! Positive Discipline 480-350-5201**-This six week session is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home and give parents a sense of accomplishment. Classes include experiential learning, inviting participants to try out and practice new behaviors in a safe setting. A fee of \$65 is due to the instructor the first night of class. Fee: \$10.
3472 18yrs+ T 9/19-10/24 7-8:30pm KRC

➤ **NEW! Russian Language and Culture-480-350-5200**-A beginner's class for those who would like to learn about the country of Russia and the Russian language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art, music and more of this interesting country. Instructor: Elena. Fee: \$37.
3057 18yrs+ W 9/20-11/8 6-7:15pm PAC

Self-Defense For Women-see page 26 for description.

Sign Language; Intermediate 480-350-5201-Advance your vocabulary and signing conversations. Emphasis is on dialogue and receptive skills. Prerequisite: Beginning Sign Language. \$5 supply fee due to instructor on first day of class. Fee: \$41.
3383 18yrs+ W 9/13-11/1 6-7pm KRC

Spanish Level 1-480-350-5200-Basic Spanish using common phrases and vocabulary for greetings, numbers, days, months, color, food, and weather. Instructor: Nancy. Fee: \$37.
3071 18yrs+ M 9/18-11/6 6-7:15pm PAC

Spanish Level 2-480-350-5200-Continuation of level 1. You will learn more about verbs, idioms and forming questions. Instructor: Nancy. Fee: \$37.
3072 18yrs+ M 9/18-11/6 7:30-8:45pm PAC

Staying Motivated 480-350-5511-Motivational expert James Murphy discusses ways to maintain your motivation and keep making progress toward your goals.
W 10/11 7pm CAFÉ

Tempe Historical Society Barbecue

Saturday, October 21, 5pm
Plencner Plaza
Enjoy a delicious dinner catered by Famous Dave's Barbecue and hear Western music during this special evening. Proceeds will help support the Tempe Historical Museum. For further details call 480-350-5100.



Activities for Adults

3rd Thirstday Night Café-480-350-5100

The Tempe Historical Museum is presenting a series of monthly programs in a café setting that run from September through November and January through April. The exhibit hall will be open to the public from 6:30 to 8:30 pm on the third Thursday of each month. Fee: None.

Th, 9/21, 7pm

"Update on Hayden Flour Mill Archaeology"

Principal investigators from Archaeological Consulting Services will discuss the findings of the Hayden Flour Mill Archaeology Testing Project conducted at the site in June and July, 2006.

Th, 10/19, 7pm

Santos C. Vega will present, *"Mexican American History and Culture in Transition."* The combined population of Mexicans and Mexican Americans, in southwestern cities founded by their ancestors has grown to eighteen million. There were a number of social, political, and cultural experiences that caused Mexican Americans to seek ways and means to combat these challenges. What is their current situation and what may the future look like?

Th, 11/16, 7pm

This Southeast Asian program is still brewing. Call for details.

Tempe Historical Society's Speakers' Program

480-350-5100-Bring your lunch to the Tempe Historical Museum classroom and hear interesting speakers. Coffee is provided. Fee: None.

W, 10/11, 11:30am-1pm

W, 11/8, 11:30am-1pm

Discover the diversity of Native American cultures in South Central Arizona. The following talks will discuss specific Native American cultures.

Three Steps to Realizing Your Dreams 480-350-5511

Nancy Nordstrom, a goal strategist, will help you define your goals, learn the components that encourage dream realization, identify and limit negative behavior, and develop positive habits in a fun motivational seminar.

W 11/8 6:30pm Café

Understanding America: Lifestyle and Culture 480-350-5511

This program, for people who are new to the United States, offers a practical overview of how things work. From buying a car to deciding whether to take a job in another part of the country, find out about the details of living here that were never taught in school. Topics include sports, culture, dining habits, automobiles and transportation, shopping, and utilities and infrastructure.

Th 9/21-10/26 7pm Study Room E

Health, Fitness, Exercise & Sports

Adult Fitness-Meet new people and feel great while working out in our fitness center. *No Class Nov. 2nd, 9th, 23rd.* Fee: None.

3557 18yrs+ M/W 9/11-12/13 11am-12pm ESCA

3692 18yrs+ T/Th 9/12-12/14 12-1pm ESCA

Animal Protein Myth-This class creates a base of knowledge from which you can start your journey towards the elimination of animal products in your healthy diet. It gives a different perspective of meat, dairy and eggs and their effect on your health. Learn what foods make up an energizing life supporting diet. Class taught by Colleen Ceton. Fee: None

3534 18yrs+ M 10/2 7-8:30pm ESCA

Exercise, Body Ball/Sculpt-480-350-5200-Develop muscular tone and strength while improving your flexibility, balance, and endurance using body balls and weights. Instructor: Carole. *No class 10/26, 11/23. Fee: \$39.

3049 16yrs+ Th 9/14-11/30* 12-12:50pm PAC

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



Exercise, Body Sculpt-480-350-5200-Through a series of non-aerobic exercises, using your own body weight and other resistance equipment, you will gain specific muscle conditioning, building strength, endurance, and flexibility. Build strong bones, enhance breathing/circulation, tone muscles and relax your mind and heart. Instructor: Donna. *No class 10/26, 11/21, 11/23. Fee: \$52.

3050 16yrs+ T/Th 9/12-11/28* 6:20-7:05pm PAC

➤ **NEW! Exercise, Butts and Guts-480-350-5200**-An intense 45 minute workout targeting the problem areas of the abs, glutes, and thighs. Instructor: Carole. Fee: \$32.

3456 16yrs+ T/Th 11/28-12/21 5:30-6:15pm ESCA

Exercise, Tae Bo-Kickboxing-480-350-5200-Have fun and get fit in this class that incorporates martial arts conditioning with body sculpting and kick boxing combinations. Class taught by a certified Tae Bo instructor. Instructor: Carole. Fee: \$55.

3051 16yrs+ T/Th 9/12-11/16 5:30-6:20pm ESCA

Exercise, Foundations to Better Running-480-350-5200-Learn to properly prepare for a long distance race or just develop your own running program with the assistance of a certified coach. Class benefits beginning to veteran runners alike; it is the workout you love to hate yet you'll come back for more! Class meets in the northern area of Kiwanis Park, enter the parking lot from Baseline Road. Fee: \$48.

3055 16yrs+ Th 9/14-10/19 6-7:30pm KIWPKN

➤ **NEW! Exercise, Inline Skate Fitness-Level 1-480-350-5200**-Learn how to turn your fitness dreams into reality. In-line skating can burn up to 400 calories in an hour. In two days you will learn the fundamentals of in-line skating-stopping, turning, striding and maneuvering. Soon you will be safely skating in this fun sport. Fee: \$52.

3275 16yrs+ Su 11/12 & 11/19 1-2:30pm TTLMP

➤ **NEW! Exercise, Inline Skate Fitness-Level 2-480-350-5200**-Learn intermediate levels of stopping, turning and striding. Your skating will become more fitness oriented by adding more technical drills within the framework of your new program. Penny Wright, personal trainer and national master-pro skater, will give you the ammunition you need to achieve your skating goals. Fee: \$52.

3276 16yrs+ Su 12/3 & 12/10 1-2:30pm TTLMP

tempe connections

Coffee Break! Now open on the main floor of the Tempe Public Library—the Connections Café, serving drinks and snacks during regular library hours. The Café is part of Tempe Connections, a program that serves as a gathering place for Baby Boomers (and beyond) who are reinventing themselves and re-engaging with the community. For more information, visit tempeconnections.org.

What's Next?

Baby Boomers are changing the face of retirement. A life of leisure won't be enough. They want to make a difference. Retirement is a second opportunity to create the kind of life they've always dreamed about. Tempe Connections offers a menu of programs to help you discover your possibilities:

Individual – The "New" Retirement -Spend 3 sessions with a discovery guide who will help you focus on your skills, enthusiasms and values for a fulfilling retirement.. Fee: \$30. Call 480-350-5490 to schedule an appointment.

Small Group – Life Planning is an ongoing process that defines how you want to live, what you want to do, and who you want to be, as you continue into the next phase of your life. Create a plan for the future and identify the resources you will need. Three (3) consecutive Thursdays: September 7th thru 21st 5:30 to 7:30 pm in the Connections Program Room. Fee: \$30. Call 480-350-5490 for registration.

Seminars

Goal Setting – W 9/27 7pm see page 21.

Staying Motivated – W 10/11 7pm see page 21.

Creating a More Positive Future – W 10/25 6:30-8pm see page 21.

Three Steps to Realizing Your Dreams – W 11/8 6:30-8pm.

Financial Seminars for Boomers—see page 27.

To register for these free seminars, call 480-350-5511.

RE-CAREERING: A Panel Discussion

Whether you are just contemplating the possibilities of a change, or have had change thrust upon you, this program is for you! Hear from professionals who have made the transition; learn about opportunities you never considered; expand your resource list of people, places and ideas from which to write your "next chapter".

Moderator: Jan Pagoria, College of Liberal Arts and Sciences, Arizona State University
T 10/17 7pm. Connections Program Room

Volunteer Recruitment – Tempe Experience Corps

An invitation to adults 55+ to use their experience to make a difference in a young child's life. Join a team who will be working in local elementary schools assisting struggling readers in grades K-3. You can help teach a child to read and develop the skills and confidence to succeed in school and in life. A range of commitment is available with volunteers working from 1 hour up to 15 hours per week. Members who commit to 15 hours a week for the entire school year will receive a small stipend. Comprehensive training and excellent support services provided Call 480-858-2465 or 480-350-5490 for more details.

Activities for Adults



➤ **NEW! Exercise, Nia-480-350-5200**-A high energy movement class integrating dance, martial arts and healing arts. Based upon the joy of movement, Nia is appropriate for all ages and all levels of fitness. Class taught by a certified Nia instructor. **No class 10/28, 11/11, 11/25.* Fee: \$43.

3143	16yrs+	W	9/13-11/15	5:30-6:20pm	PAC
4027	16yrs+	Th	9/14-11/16	5:30-6:20pm	CRC
4028	16yrs+	Sa	9/16-12/9*	10:45-11:35am	PAC

➤ **NEW! Exercise, Pilates/Sculpt 480-350-5200**-You will develop and improve your core strength (abs, back, butt) with Pilates as well as other resistance exercises. A variety of equipment and exercises makes this a fun class that is never dull. Instructor: Helen. Fee: \$39

3145	16yrs+	T	9/12-11/14	12-12:50pm	PAC
3147	16yrs+	Th	9/14-11/16	6:30-7:20pm	NCC

➤ **NEW! Exercise, Step Interval 480-350-5200**-This interval class incorporates basic step choreography with drills and strengthening exercises utilizing various equipment. Previous step experience is not necessary, but a desire to work hard is! Steps provided. Instructor: Helen. Fee: \$39

3148	16yrs+	W	9/13-11/15	12-12:50pm	PAC
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Exercise, Step Aerobics 480-350-5200-A high energy workout, includes step work and abdominal exercises. Prior step experience is not necessary. Steps provided. **No class 10/26, 11/21, 11/23.* Instructor: Donna. Fee: \$55

3141	16yrs+	T/Th	9/12-11/28*	5:25-6:15pm	PAC
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Exercise, Total Body Conditioning-480-350-5200-Improve your overall fitness level with hi and lo impact aerobics and strength training using a variety of different exercises and equipment. Instructor: TBA. Fee: \$39.

3079	16yrs+	M	9/11-11/13	5:30-6:20pm	PAC
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Discover Scuba-See complete description in *Outdoor Recreation* section, p. 32.

Fore! Golf Instruction-480-350-5200-Fundamentals of golf: grip, stance, chip shots, full swings, rules, etiquette, putting, and use of the driving range. Equipment is provided, but bring your own clubs if you have them. Fee: \$46.

3058	18yrs+	T	9/26-10/17	5-6pm	KMGC
3059	18yrs+	W	10/25-11/15	4-5pm	KMGC
3060	18yrs+	Sa	10/14-11/4	10-11am	KMGC

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Nothing kills a good class quicker than waiting until the last minute to register. REGISTER EARLY!!!

➤ **NEW! Healthy Lifestyles 480-350-5201**-Learn what the 5 major organ systems are and what they need to regenerate. By nourishing and cleansing your body everyday you will have the stamina to live a full life. You will learn how stress (physiological or emotional), dehydration, malnutrition, and toxicity affect the body. You will learn how to healthfully adapt to stress and how the body heals itself. Taught by Dr. Jane Hendricks, NMD. Fee: \$10.

3505	18yrs+	W	9/6-9/27	6:30-7:30pm	KRC
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Health with a Chinese Twist-This class will introduce you to the Chinese concept of the 5 Elements. An ancient system of healing using outside appearances, energy levels and even behaviors to know if your body is functioning in a balanced way. Class taught by Colleen Ceton. Fee: None.

3532	18yrs+	M	9/18	7-8:30pm	ESCA
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Jujutsu; Adult 480-350-5201-Learn a Jujutsu System that was used by feudal police of the Samurai Era. This class will focus on basic concepts such as joint locks, throwing, choking, blocking, striking, pinning, ground fighting, and nerve center manipulation. No prior martial art training is needed.

3352	16yrs+	W/Th	9/6-9/28	8-9:30pm	\$50 KRC
3353	16yrs+	W/Th	10/4-10/26	8-9:30pm	\$50 KRC
3354	16yrs+	W/Th	11/1-11/30*	8-9:30pm	\$50 KRC
3467	16yrs+	W/Th	12/6-12/14	8-9:30pm	\$25 KRC

**No Class on Nov 23, 2006*

Karate; Adult 480-350-5201-Increase flexibility, strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. This is an on-going program with room for belt rank advancement. New student orientation at 5:30pm on first day of class. Uniform, belt and school patch available on the first day of class for \$45. Uniform, safety equipment, belt testing fees and additional supplies are required for participation in this class and are not included in the registration fee. Fee: \$50.

3355	15yrs+	T/Th	9/5-9/28	6-7:30pm	\$50 KRC
3356	15yrs+	T/Th	10/3-10/26*	6-7:30pm	\$50 KRC
3357	15yrs+	T/Th	11/2-11/30*	6-7:30pm	\$50 KRC
3464	15yrs+	T/Th	12/5-12/14	6-7:30pm	\$25 KRC

**No class on Oct 31 or Nov 23, 2006*

Karate; Advanced Class 480-350-5201-Looking to advance your current Karate skills? This class is open to students purple belt and up. Fee: \$15.

3358	5yrs+	F	9/1-9/29	6:30-7:30pm	KRC
3359	5yrs+	F	10/6-10/27	6:30-7:30pm	KRC
3360	5yrs+	F	11/3-12/8*	6:30-7:30pm	KRC

**No class on Nov. 10 or Nov. 24, 2006*



Karate; Demo Team 480-350-5201-Join the Kenpo Karate Demo Team and enjoy traveling to different locations to perform at Special Events. Demo Team members are required to purchase the demo team uniform and three patches for \$50 (due to instructor on first day of class). Fee: \$15.

3361	5yrs+	F	9/1-9/29	5:30-6:30pm	KRC
3362	5yrs+	F	10/6-10/27	5:30-6:30pm	KRC
3363	5yrs+	F	11/3-12/8*	5:30-6:30pm	KRC

**No class on Nov. 10 or Nov. 24, 2006*

Living Foods-Living foods have a vibration, and if prepared properly, that live energy will be transferred directly to you. What is lost in the cooking, and other unnatural treatments of live foods? Let us show you how you can start your journey on a life supporting diet. Class taught by Colleen Ceton. Fee: None

3533	18yrs+	M	9/25	7-8:30pm	ESCA
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Martial Arts, Judo-480-350-5200-An Olympic sport, Judo is the most participated martial art in the world. Participants take advantage of their opponents strength and momentum to throw and immobilize them. In this class you will learn the proper techniques for falling, throwing, grappling, submission and self defense of traditional Japanese Judo. Class taught by accredited black belt instructors, beginning to advanced students, gi or sweats recommended. **No class 11/11.* Fee: \$40 Adults; \$20 Youth.

3067	13yrs+	M	10/9-12/18	7:05-8:35pm	LIBR
3068	13yrs+	Sa	10/7-12/23*	10-11:30am	CRC

Martial Arts, Karate 480-350-5200-Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with light warm-up & stretch, followed by basic kick/punch/block drills. Self defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing recommended. **No class 11/11.* Fee: Adult \$40; Youth \$20.

3066	13yrs+	Sa	10/7-12/23*	11:35am-1pm	CRC
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Martial Arts of the Peaceful Warrior-See complete description in Activities for Youth page 13.

Martial Arts, Street Smarts-See complete description in Activities for Youth page 13.

Park Walk 480-350-5800-Take a walk in various Tempe parks while getting to meet new people and socialize. Take your first step to a healthier lifestyle. No Class Nov. 22nd. Fee: None.

3562	18yrs+	W	9/13-11/15	9-10:30am	ESCA
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Pilates Multi-level 480-350-5201-Join us for a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The exercises are derived from pilates, yoga, dance and sports rehab conditioning. The focus is on mindful movement, core stabilization techniques and unified body movements. Drop in for \$9.50 per class. 14 weeks. Fee: \$98.

3373	16yrs+	T	9/5-12/12*	9-10am	KRC
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**No Class on Nov. 21, 2006*

3374	16yrs+	W	9/6-12/13*	6:15-7:15pm	KRC
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**No Class on Nov. 22, 2006*

4032	16yrs+	Th	9/7-12/14*	7:45-8:45pm	KRC
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**No Class on Nov. 23, 2006*

Self-Defense For Women 480-350-5200-Learn how to protect yourself using attitude awareness and ability to develop practical ways to reduce your vulnerability to crimes such as rape and assault. Fee: \$36.

3070	16yrs+	Th	9/21-11/9	6:30-8pm	LIBR
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T'ai Chi, Beginning 480-350-5200-Internal system to increase self-awareness, self-confidence, and balance. Slow meditative movements teach internal focus and reduce stress levels. **No class 11/20.* Fee: \$57.

3076	18yrs+	M	9/11-12/4*	6:30-8pm	KRC
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T'ai Chi, Advanced 480-350-5200-For participants with an intermediate's knowledge of T'ai Chi. **No class 11/23.* Fee: \$57.

3078	18yrs+	Th	9/14-12/7*	6:30-8pm	CRC
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Activities for Adults

Weight Management through Hypnosis-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear comfortable clothing and bring a pillow to class. Fee: \$75
3080 18yrs+ M 9/11-10/16 7:00-8:30pm PAC

Women Together for Health-This class will provide information about how to eat better, be active and reduce stress. Come each week to learn how to improve your health, feel better, manage stress, get the latest information on fad diets, and receive incentives, including a pedometer. This free class is taught by a Registered Dietitian and a Health Educator. No class 10/30. Fee: None.
3531 18-44yrs M 10/16-12/11 6:30-7:45pm ESCA

Yoga, Introduction 480-350-5200-This class will help you get started. Learn what equipment you need and what you can use from around the house rather than making costly purchases. You will learn a basic warm-up routine, basic beginning level sun salutation, and you will learn a new Asana (posture) each class session. *No class 11/20. Fee: \$48.
3091 18yrs+ M 9/11-12/4* 5:30-6:25pm KRC

Yoga Level 1 480-350-5200-Ancient science bringing mind and body together. Students and instructors work toward goal through the systematic exercising and conditioning of physical body. Body becomes more flexible, muscles toned; concentration and coordination are steadily improved. *No class 11/10 and/or the week of 11/20-11/24.
3270 16yrs+ M 9/11-12/4* 10:30-11:55am \$58 KRC
3082 16yrs+ M 9/11-12/4* 5:30-6:55pm \$58 CRC
3083 16yrs+ M 9/11-12/4* 7-8:30pm \$58 CRC
3084 16yrs+ T 9/12-12/5* 5:30-6:55pm \$58 CRC
3085 16yrs+ T 9/12-12/5* 7:15-8:45pm \$58 PAC
3086 16yrs+ W 9/13-12/6* 10:30-11:55am \$58 PAC
3151 16yrs+ W 9/13-12/6* 6:30-8pm \$58 PAC
3152 16yrs+ Th 9/14-11/16 5-6:25pm \$50 NCC
3087 16yrs+ F 9/15-12/8* 10:30am-noon \$54 KRC

Yoga Level 2 480-350-5200-Deepen your practice, increasing your strength, flexibility, breath and focus. Practice more advanced poses and their variations with modifications for all skill levels. Strength & flexibility not a prerequisite. *No class 11/20. Fee: \$58.
3090 16yrs+ M 9/11-12/4* 7-8:30pm PAC

➤ **NEW! Yoga for Daily Living-480-350-5200**-Get the strength and flexibility necessary to do the things you love and need to do in daily life. Learn basic yoga poses and stretches that will increase your body awareness and sharpen your focus. Beginner Level. Instructor: Janna. Fee: \$44.
3247 16yrs+ Th 9/14-11/2 9:30-10:45am CRC

Yoga-Lunchtime 480-350-5200-Combined level class. Instructor: Marcene. Fee: \$39.
3094 16yrs+ T 9/12-11/14 11:30am-12:25pm CRC

Yoga/Pilates Combo with Pippa Frame-Hill 480-350-5201-Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. All levels welcome. Drop in for \$9.50 per class. 14 weeks. Fee: \$98.
3458 16yrs+ Th 9/7-12/14* 9-10am KRC
*No Class on Nov. 23, 2006

➤ **NEW! Yoga, Yin 480-350-5200**-Deep relaxing, long-holding and restorative poses work with the connective tissue and joints of the back, hips, pelvis, sacrum and thighs. Instructor: Verna. Fee: \$50
3153 16yrs+ Su 9/17-11/19 4-5:30pm NCC

Yoga, Yin & Restorative 480-350-5200-End your long hectic week with a slow, long holding, supported practice targeting the connective tissue of the hips, pelvis and lower spine. You will leave feeling renewed and refreshed. *No class 11/10, 11/24. Instructor: Marcene. Fee: \$54.
3098 16yrs+ F 9/15-12/8* 5:30-6:55pm CRC

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



Yoga, Mixed-Level 480-350-5200-A class with something for everyone, from the beginner to the more advanced. Variations will be taught according to the level of each student. *No class 10/26, 11/23. Fee: \$54.
3093 16yrs+ Th 9/14-12/7* 7:15-8:45pm PAC

➤ **NEW! Yoga, Parent & Baby-480-350-5200**-Enjoy this gentle stretching yoga for both parent and baby. This class provides a quality bonding experience between baby and parent. For babies 1 mo. to 2 yrs; one child per adult. Fee: \$37.
3155 16yrs+ F 9/15-11/3 9:30-10:15am KRC

Yoga, Parent/Child 480-350-5200-Would your child like to come to Yoga with you? This is your chance to join Marcene in this parent/child class. Class is designed to be fun. One child per adult. Fee: Youth \$12; Adults \$24.
3096 6-12yrs Sa 9/30-10/21 2-3pm KRC

Business

Budget to Build Wealth-If you do not currently use this simple tool for your finances, you could be missing out on some wealth building opportunities. Come learn how using a budget helps build wealth, financial security and peace of mind. Class taught by Jennifer Chun. Fee: None
3529 18yrs+ F 9/29 6-7pm ESCA

Buying Your Dream Home-How to keep your dream home from becoming a financial nightmare. Your home is probably the biggest financial investment you will make in your lifetime. Whether you are considering buying your first home or your fifth, if you want to avoid financial pitfalls of home ownership, come learn some things to consider before buying. Class taught by Jennifer Chun. Fee: None
3530 18yrs+ W 10/18 5-6pm ESCA

Homebuyer Education & Learning Program (H.E.L.P.)-If you are interested in buying your own home but feel you may not qualify, H.E.L.P. will prove to be an exciting informative program to answer your home buying questions. Receive guidance on budgeting for home purchase, shopping for a realtor, negotiating offers, shopping for a home loan, the closing process, and home maintenance tips. Fee: None.
3061 18yrs+ W 9/27 & 10/4 6-9:30pm PDS

It's a Start-Looking for a job? Bring in your resume and we can help you make it more effective by using one of the computer programs, such as Resume Wizard, the Tempe Public Library's Resource Room has at the Escalante Community Center. Fee: None.
18yrs+ M-F 9/11-12/15 11am-3pm ESCA

Key Financial Components for Boomers 480-350-5511-Leaving the work force for retirement calls for careful financial planning. Learn from financial professionals how to save and accumulate assets in the first place, and how to protect what you have. Asset transfer planning will allow your assets to be distributed according to your wishes. Finally, learn how best to draw on your retirement nest egg while avoiding unnecessary fees, penalties and taxes. This series of four free seminars, taught by financial professionals, will be held on Thursday nights at 7pm in the Connections Café, inside Tempe Public Library.
10/26 Asset Accumulation
11/2 Asset Protection
11/9 Asset Transfer
11/16 Asset Distribution

Roadmap to Owning a Home 480-350-5511-Real estate professionals provide first time home buyers and those who have been out the real estate market with a detailed road map how to buy a home. Paperwork, finance and professional services will be covered.
Th 9/21, 10/19, 11/2 6pm TLC

Smart Women Finish Rich 480-350-5511-Rebecca Kennell and Gail Andrews will present an educational seminar providing you with seven steps to help you achieve financial security and fund your dreams. Based on the best-selling book by David Bach.
Th 9/28 7pm CAFÉ

New Career: Real Estate 480-350-5511-Are you looking for a new career? A local real estate agency owner answers your questions about the real estate field. Learn about required training and about benefits, commissions and how long the process takes. Learn what the job is like on a daily basis and how long it takes to succeed.
T 10/3, 11/28 7 pm CAFÉ

Five Fundamentals of Wealth Accumulation 480-350-5511-A financial industry professional speaks about the fundamentals of wealth accumulation: a safety net, starting early, minimizing tax impact, reducing risk, and building a portfolio that suits your needs.
Th 10/5 7pm TLC

Smart Couples Finish Rich 480-350-5511-Rebecca Kennell and Gail Andrews show couples how to achieve financial security and fund their dreams. Learn to work together to identify your core values, create a financial plan allowing you to achieve security and provide for your family's future while increasing your income. Based on the best-selling book by David Bach.
Th 10/12 7pm CAFÉ

Income for Life 480-350-5511-Worried you won't have enough to live on when you retire? As baby boomers move toward retirement they need to make new decisions about their investment strategies. Learn how to make your nest egg last a lifetime.
Th 10/19 7pm CAFÉ

Self Employment Loan Fund (SELF) 480-350-5511-Introduces their programs providing training, technical assistance and access to credit for emerging, low-income business owners, especially women and minorities.
M 10/23 6pm CAC

How to keep a good class going: Nothing kills a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the class may be cancelled. Coming in on the day the class begins won't resurrect it. REGISTER EARLY!!!

Activities for Adults

Café Capitalism 480-350-5511-Financial management expert Jeff Cutler talks about how companies raise money through stocks, bonds and notes.
Th 9/14 7pm TLC

Boomers, Generation X, Generation Y...Can We All Just Get Along? 480-350-5511-Financial management expert Jeff Cutler discusses how the values of various generations affect the decisions and planning for the financial future.
M 11/6 7pm CAFÉ



What a Long, Strange Trip It's Been...Boomers Now Facing Retirement 480-350-5511-Financial management expert Jeff Cutler discusses the conflicts and compliments of living life to its fullest in the retirement years.
M 11/27 7pm CAFÉ

Computer Instruction

For information about computer classes at Escalante Community Center call 480-350-5800.

Excel Basics-Learn how to prepare, edit and sort simple lists, save and create formulas in a spreadsheet using Microsoft Excel in this advanced level class. A working knowledge of computers, the keyboard and the mouse is required for this program. Fee: \$10.
3554 18yrs+ Th 9/7-9/28 10-11am ESCA
4018 18yrs+ Th 10/26-11/16 10-11am ESCA

Internet and E-mail Made Easy-Learn how to "surf the web", how to use a search engine and send messages, electronically in this beginning level class. A working knowledge of computers, the keyboard and the mouse is required for this program. Fee: \$10.
3552 18yrs+ T 9/5-9/26 10-11am ESCA
4019 18yrs+ T 10/24-11/14 10-11am ESCA



Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Would you like to teach a special interest class for



Working with Word-Learn how to create letters, edit documents, create tables, labels and more using Microsoft Word in this intermediate level class. A working knowledge of computers, the keyboard and the mouse is required for this program. Fee: \$10.
3553 18yrs+ W 9/6-9/27 10-11am ESCA
4020 18yrs+ W 10/25-11/15 10-11am ESCA

For information about computer classes at KRC call 480-350-5201.

Microsoft Excel (Intermediate) 2003 Part 1 480-350-5201 -This course is designed for those familiar with Microsoft Excel or who have completed the Excel Basic Class. Students will be taught chart and data organization, basic formulas and file management. Fee: \$58.
3508 18yrs+ Sa 9/9 12-3pm KRC

Microsoft Excel (Intermediate) 2003 Part 2 480-350-5201 -This course is a continuation of the Microsoft Excel Intermediate class. Students will continue to explore advanced data presentation, basic formulas and file management. Fee: \$58.
3509 18yrs+ Su 9/10 12-3pm KRC

Microsoft Outlook Email Part 1 480-350-5201-This workshop is designed to help you manage and organize your e-mail messages, schedules, tasks, notes, contacts, and other information. This application can help you improve the way you manage information, communicate with others and organize your work. Fee: \$58.
3292 18yrs+ Sa 10/28 12-3pm KRC

Microsoft Outlook Email Part 2-480-350-5201-Continue to learn how to manage and organize your e-mail messages, schedules, tasks, notes, contacts, and other information in this workshop. Fee: \$58.
3293 18yrs+ Su 10/29 12-3pm KRC

Microsoft PowerPoint (Intro) 2003 Part 1 480-350-5201-This workshop is intended for people who want to learn how to prepare and create on screen presentations in various formats. Class will cover slide shows, text charts, wizards and adding and deleting slides. Fee: \$58.
3507 18yrs+ Sa 10/7 1-4pm KRC

Microsoft PowerPoint (Intro) 2003 Part 2 480-350-5201-This workshop continues on from PowerPoint Part 1. Class will focus on adding auto shapes, tables, inserting clipart, animation effects and using templates. Fee: \$58.
3506 18yrs+ Su 10/8 12-3pm KRC

To register for a computer class at the Library, call 480-350-5511.

For more information, call Rolf Brown at 480-350-5563. Fee: None. Registration required as space is limited. <http://www.tempe.gov/library/events/nettrain.htm>

Ancestors: Genealogy on the Web 480-350-5511-Learn how to access the enormous amount of genealogical information now available on the Internet. Registration required as space is limited.
M 10/2, 11/13 7pm Gates

Basic Computer and Internet Skills 480-350-5511-Learn the basic skills needed to use a computer and access the Internet. This free two-hour workshop introduces computers, how they work, and how to use them. Registration required as space is limited.
Th 9/12-11/14 7pm Gates

Individual Internet Security 480-350-5511-Learn how to protect your information and money online. Find out about passwords, guarding against identify theft, basic encryption and common scams to avoid. Also, learn what to do if you fall for a scam.
M 10/30 7pm Gates

Introduction to Online Auctions 480-350-5511-Getting lost on eBay? Learn how to find an item, how to bid on it, and about ways to pay for items on online auctions. The instructor explains common auction terms and typical site features. REGISTRATION REQUIRED AS SPACE IS LIMITED.
M 9/11, 11/6 7pm Gates

Placing Your Business or Organization on the World Wide Web 480-350-5511-Dave Kelly, Webmaster for the City of Tempe, will discuss how to put a web site on the Internet. Topics include how to reach the widest audience, register with search engines, domain names, selecting a hosting service, security issues and cost.
M 10/16 7pm Gates

Email Basics 480-350-5511-This two-hour class is an introduction to web-based email for students who are familiar with computers but want to learn more about email. Registration required as space is limited.
W 10/4, 11/1 7pm CAC

Introduction to MS Word 480-350-5511-This two-hour class is an introduction to Microsoft Word for people who are familiar with computers but have limited word processing experience. Registration required as space is limited.
W 9/13, 10/11, 11/8 7pm CAC

Introduction to PowerPoint 480-350-5511-This two-hour class is an introduction to Microsoft PowerPoint for students who are familiar with computers but have not used PowerPoint. REGISTRATION REQUIRED AS SPACE IS LIMITED.
W 9/20, 10/18 7pm CAC

Introduction to Excel 480-350-5511-This two-hour class is an introduction to Microsoft Excel for students who are familiar with computers but have not used Excel. Registration required as space is limited.
W 9/27, 10/25, 11/15 7pm CAC



Activities for Adults

Nothing kills a good class quicker than waiting until the last minute to register REGISTER EARLY!!!

BOOKS

An Afternoon of Mystery 480-350-5557-Join us for an Afternoon of Mystery in the Connections Café to meet mystery authors and to find out about more about this popular genre.

Is Author Research a Mystery to You?-Are you leading your book club's next meeting? Stumped for ways to find out more about the author of the book you're to discuss? Collection Management Librarian and mystery enthusiast Kim Garza will talk about how to find all the information you need.
W 9/13 3:30pm CAFÉ

Author Betty Webb discusses her latest Lena Jones novel, Desert Run. Books will be available for purchase and autographing by the author.
W 10/18 3:30pm CAFÉ

Tempe's own Donis Casey discusses her new Alafair Tucker mystery novel, Hornswoggled. Books will be available for purchase and autographing by the author.
W 12/13 3:30pm CAFÉ

Great Books Discussion Group 480-350-5511-The Great Books group meets twice monthly at 7pm in the Youth Services Meeting Room. Volunteers Kathy and Don Dietz serve as discussion leaders. Many selections may be found in the Great Books anthology Great Conversations 2; participants provide their own copies. For information about book availability call 480-350-5566 or visit the discussion group's web site at <http://www.tempe.gov/library/events/grtbooks.htm>.

8/8	<i>The Fall of the House of Usher</i>	Edgar Allan Poe
8/22	<i>Fall of the House of Usher</i>	Edgar Allan Poe
9/12	<i>Bartleby the Scrivener</i>	Herman Melville
9/26	<i>Philosophy and Physics</i>	Max Planck
10/10	<i>The Playboy of the Western World</i>	John Synge
10/24	<i>The Road to Serfdom</i>	Friedrich A. Hayek
11/14	<i>Distributive Justice</i>	John Rawls
11/28	<i>Guests of the Nation</i>	Frank O'Connor

Mystery Lovers Club 480-350-5557-Join mystery fans monthly at 10 am in the Connections Cafe to discuss favorite mystery books or authors. Participants must provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group.

9/9	<i>The Big Day</i>	Linda Barnes
10/7	<i>Last Kashmiri Rose</i>	Barbara Cleverly
11/4	<i>Jasmine Trade</i>	Denise Hamilton
12/2	<i>Knit One, Kill Two</i>	Maggie Sefton



Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Classes for Lifelong Learning

Lifelong learning classes are offered for Boomers and retirees. Advance registration is required. Those with no fee listed are free of charge.

Downsizing for Seniors-Join Lori Ulman for a light-hearted discussion on the challenges of transitioning through the stages of life and how to downsize with a positive outlook. Fee: None.

3200	W	9/6	10:30-11:30am	PAC
3490	M	10/2	7-8pm	PAC

Harvest of the Desert-Native American naturalist David Morris from Pueblo Grande Museum will explain how desert plants were used for food, building, medicine and magic by examining the ethnobotany of the Sonoran Desert. Fee: None.

3934	Th	9/14	6:30-7:30pm	PAC
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Laughter Therapy-Have you laughed today? Deborah Harbinson, RN, Certified Laughter Leader, will instruct you in laughter exercises that can be done sitting or standing and can be enjoyed by everyone. Fee: \$10.

3198	W	9/13	7-8pm	PAC
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Fall Prevention-Falling is a cause in 70% of accidental deaths among people 75 years of age and older and most falls could have been prevented. Learn the reasons why seniors fall and real things you can do to prevent falls. Fee: None.

3191	T	9/19	10-11am	CSC
3194	F	10/13	10-11am	PAC

Beyond Knitting & Crochet-If you know how to knit or crochet, but it has been many years since you have done it and you're unsure about starting a project, this is the class for you. Fee: None.

3947	M	9/18-10/9	1-3pm	PAC
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Elderhostel Presentation-Joan Silberschlag with Elderhostel will discuss Elderhosteling. Come learn how to be part of this great adventure, through which seniors are able to take advantage of inexpensive housing while attending classes in any imaginable subject. Fee: None.

3199	T	9/26	7-8pm	PAC
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Flower Gardening-Colorful flowers can brighten a desert garden throughout the year if you know when and how to plant the right varieties. Learn how to grow both wildflowers and traditional garden flowers with the help of Judy Mielke, landscape architect and long-time flower gardener. Fee: \$10.

3192	T	9/26	6:30-8:30pm	PAC
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Rejuvenate Your Landscape with Judy Mielke-Whether your landscape needs a minor facelift or a major overhaul, learn how to evaluate your existing conditions and prepare a plan to implement the improvements. Basic principles of design and maintenance will be presented, as well as many how-to techniques for landscaping in the desert. Fee \$15.

3193	T	10/10 & 10/17	6:30-8pm	PAC
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Stress Management for Healthy Aging-Discussion and practice of strategies that utilize the connection between the mind and the body to help reduce stress, decrease physical symptoms, improve mood, and increase a positive outlook on life. Six 2-hr sessions-program materials included. Presented by the ASU Clinical Psychology Department. Fee: \$40.

3563	M	10/9-11/13	6-8pm	PAC
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Long Term Care-How the Long Term Care (LTC) system works and its available services. Get current facts about Medicare provisions and Medicaid spend-down rules, among many other relevant topics. Fee: None.

3943	F	11/3	10:30am-12	PAC
3944	W	11/8	7-8:30pm	PAC

Secrets of Annuities-Determine if guaranteed annuities might fit in your portfolio. This will cover types of annuities, how to guarantee income and still reduce taxes. Fee: None.

3945	W	11/15	7-8:30pm	PAC
3946	F	11/17	10:30am-12	PAC

Libyan Islamic Presentation-This one-time session will be a discussion led by Paul Cooper about the changes in Islam and his experiences in Libya. Participants are encouraged to bring questions and current issues to discuss as a group after the presentation. Fee: \$10.

3564	M	10/23	6:30pm	PAC
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Personal Organization-Learn the mental process of organization, setting the vision, and the process to lead you to organization in your daily life. Organize yourself, your children, your parents, and all the stuff that clutters your day! Fee: \$25.

3970	T	10/3-10/17	7-8:30pm	PAC
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Conversational Spanish-Learn while having fun and getting together with others who have an interest in learning or practicing Spanish. Required textbook: Spanish in 10 Minutes A Day published by Bilingual Books, Inc. Available in most bookstores for \$18.00. Fee: None.

3197	T	10/3-11/14	10-11:30am	PAC
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Flourless/Sugarless Cooking Classes-Sign up for all three classes and receive a free cookbook. Fee: \$30 each class.

3971	W	10/4	6:30-8:30pm	PAC
3972	W	11/1	6:30-8:30pm	PAC
3973	W	12/6	6:30-8:30pm	PAC

Floral Design-Learn the basics of floral arranging along with the care and handling of fresh seasonal flowers. Register early-space is limited. Additional fee payable at class location: \$18-24 per class. Class location: Cactus Flower Florists, Tempe. Fee: \$45.

3974	W	9/20-10/18	6:30-9pm	CFF
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Advanced Floral Design-More design skills such as topiary, tropical, high style, modern contemporary will be covered. Pre-requisite Floral Design. Register early as space is limited. Additional fee payable at class location: \$18-24 per class. Class location: Cactus Flower Florists, Tempe. Fee: \$45.

3975	Th	9/21-10/19	6:30-9pm	CFF
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Holiday Floral Arranging-This three-session course will have you designing a beautiful holiday arrangement each week. Additional fee payable at class location: \$20-25 per class. Class location: Cactus Flower Florists, Tempe. Fee: \$45.

3976	T	11/28-12/12	6:30-9:30pm	CFF
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Scratchboard Art-Try this old fashion reverse drawing technique using an exacto knife and ink coated clay paper. A fun technique everyone should try. Fee: \$7.

3977	W	9/20	10am-12	PAC
3978	T	9/19	6:30-8:30 pm	PAC

Charcoal-In this workshop, explore the oldest forms of medium in the world. Be creative, allow yourself to play in this messy art form! Fee: \$7.

3979	W	10/4	10am-12	PAC
3980	T	10/10	6:30-8:30 pm	PAC

Colored Pencils-Explore the properties of color, various drawing techniques, and the application of the techniques to enhance expressive content in color. Fee: \$7.

3981	W	10/18	10am-12	PAC
3982	T	10/24	6:30-8:30pm	PAC

Drawing-Learn or hone varied drawing techniques such as continuous drawing, grid drawing, and gesturing. Basic drawing techniques are the basis of any piece of art. Fee: \$7.

3983	W	11/8	10am-12	PAC
3984	T	11/14	6:30-8:30pm	PAC

Block Printing-Learn the art of block print so that you can make your own simple greeting cards. Fee: \$15

3985	W	11/29-12/6	10am-12	PAC
3986	T	12/12-12/19	6:30-8:30pm	PAC

Becoming a Master Gardener-What is a Master Gardener and just how do you become one? Come and learn all about Master Gardening. If you like gardening, you will love this! Fee: None.

3987	T	9/19	7pm	PAC
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Outdoor Recreation

Open Row: Your choice, sculling or sweep rowing. Specific coaching for all boats. Prerequisite: 1 session Novice Rowing or 1 session Intermediate Sculling. Fee: \$150.
3260 18yrs+ M/W 9/6-11/29 5:45-7:45pm TTL
3261 18yrs T/Th 9/5-11/30 6-7:30am TTL

NEW! Open Row Option-This class is designed for the rower who owns their own boat and would like to receive some extra coaching on the water. Students can bring their own boat to class and get some coaching for their own training as well train with the rest of the class. Fee: \$115.
3937 18yrs+ Tu/Th 9/5-11/30 6-7:30am TTL

Basic Sculling-Class will teach the student the skills required to row a single, double and quad oared shell. It is designed for people with no sculling experience. Prerequisite: Learn to Row 2. Fee: \$105.
3266 18yrs+ Sa/Su 9/9-10/8 8:30-10:30am TTL
3273 18yrs+ Sa/Su 10/21-11/26 8:30-10:30am TTL

Intermediate Sculling-This class is designed for those wishing further development of their sculling skills. Prerequisite: Two sessions basic sculling. This class is repeatable. Fee: \$65.
3267 18yrs+ Sa/Su 9/9-10/8 6:30-8:30am TTL
3274 18yrs+ Sa/Su 10/21-11/26 6:30-8:30am TTL

Erg Fitness-Great for rowing fitness. This class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. Prerequisite: LTR 2. **No Class on Thanksgiving** Fee: \$55.
3248 18yrs+ T/Th 9/5-9/28 6-7:30pm TTL
3249 18yrs+ T/Th 10/3-10/26 6-7:30pm TTL
3271 18yrs+ T/Th 10/31-11/28 6-7:30pm TTL
3495 18yrs+ T/Th 12/5-12/28 6-7:30pm TTL

Rowing Shell Ownership Class-Do you currently own a boat and are looking to learn more basics of ownership? Or are you considering purchasing a new boat and are wondering what it would take to own and care for a boat? Then this is the class for you. Students will learn important information for boat care including handling, storage and transportation from experienced rowers. Preventative maintenance, rigging and general repairs will also be introduced. This class will not only prepare your boat for regatta travel but it will prepare you as well. Fee: \$35.
3938 18yrs+ Sa 10/14 9-12pm

Beginning Kayaking-Ever wanted to learn how to roll a kayak? Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class teaches you how to fit and select gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique in preparation for white water or sea kayaking. Bring your swimsuit and towel and prepare to have fun! Kayaks, equipment and PFD's provided. Fee: \$175.
4023 16yrs+ Sa/Su 10/28, 29, 11/4, 5 1-5pm KRC
4024 16yrs+ Sa/Su 11/11, 12, 18, 19 1-5pm KRC

Kayaking-Ride the Waves-For advanced kayakers to practice, workout, or demo the latest kayak designs and/or equipment. Paddlers must have completed the flat water and wave classes to enroll. Fee: \$25.
4021 15yrs+ Su 10/8 1-4pm KRC
4022 15yrs+ F 10/27 6-9pm KRC
4025 15yrs+ F 11/3 6-9pm KRC
4026 15yrs+ F 12/1 6-9pm KRC

Moon Light Kayak Float-Ever paddled by the light of the moon? We'll fit boats, grab paddles and wear life jackets to launch our boats on Tempe Town Lake under the full moon. Prior experience is not necessary. Bring your swim suit, glow sticks, towel and dry clothes and prepare to howl at the moon. Kayaks, canoes, equipment and PFDs will be provided. Must be 18 years or older to participate. Fee: \$30 if you need a boat, \$20 if you bring your own boat.
3256 18yrs+ Sa 9/9 7-9pm TTLM

Moon Light Kayak at Canyon Lake-Come enjoy the fall weather at beautiful Canyon Lake. Enjoy the short drive to the cool water of Canyon Lake and we'll spend an evening on the lake enjoying the scenery and beautiful moonlight. Transportation and kayaks will be provided. Fee: \$60.
3257 18yrs+ Sa 10/7 4-9pm TTLM

High Performance Dragon Boat Clinic: This class is geared toward experienced paddlers looking for an edge in racing. The class will cover stroke technique and the theory behind it. Two on the lake paddling sessions with coaching and two video analysis sessions included. Participants are encouraged to bring a snack for the between paddle video review. Prerequisite: Prior Dragon Boat paddling experience. Fee: \$25.
3576 18+yrs Sa 9/9 7:30am-Noon TTLM

Sailing for Juniors-A beginning class for young sailors to be taught in one person, 8-foot Optimists. Classes will be taught by Certified US Sailing Instructors and all equipment will be provided by the Arizona Sailing Foundation. Prerequisite: float test and safety video at the first class; only the first class will be held at the Kiwanis Recreation Center. Fee: \$145.
3577 8-14 yrs M/T/W/Th 10/9-12 5:30-7:30pm TTLM

Hawaiian Outrigger Canoe Paddling-Youth class (ages 12 - 18) designed to instruct in the basics of outrigger paddling, this class will focus on the technique and types of strokes used to paddle an outrigger canoe. Course designed with the beginner in mind, we are looking to further develop youth outrigger paddling on the lake. Fee: \$35.
3649 12-18yrs Sa 9/9-9/16 8-10am

Sports Activities for Adults

Adult Team Sports Leagues 480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Organizational meetings are a requirement for league participation and are held at the following facilities:

- ESCA Escalante Community Center, 2150 E. Orange Street
- KRC Kiwanis Recreation Center, 6111 S. All-America Way
- LIB Tempe Library Building Board Room, 3500 S. Rural Road
- PYLE Pyle Adult Center, 655 E. Southern Avenue

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Co-Rec Soccer	X		X	
Flag Football	X			
Volleyball	X	X	X	X

McClintock High School Adult Fitness-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. A fitness room supervisor will be on duty to assist, instruct and offer consultation. Locker room and shower facilities are not available. The program is offered as a partnership between the City of Tempe and the Tempe Union High School District and is free of charge. For additional information call 480-350-5218. Membership required.

Open Gym Volleyball-Bring your friends for a fun afternoon of bumping the ball around on our indoor climate controlled court. Membership & photo ID required. Fee: None.
16yrs+ Sa Ongoing 2-4:30pm ESCA

Registration dates for Fall Adult Volleyball Leagues:
Organizational meeting: W, 8/9, 7pm
Residents: 8/14/06-8/25/06
Non-Residents: 8/17/06-8/25/06
League dates: 9/5/06-10/18/06
Tournament dates: 10/24/06-11/7/06

Registration dates for Winter Adult Volleyball Leagues:
Organizational meeting: W, 12/6, 7pm
Residents: 12/11/06-12/29/06
Non-Residents: 12/14/06-12/29/06
League dates: 1/9/07-2/21/07
Tournament dates: 2/27/07-3/7/07

Online information at <http://www.tempe.gov/pkrec/KRC/Volleyball/default.htm>
Supervised Basketball Program-The Kiwanis Recreation Center offers men's and women's ages 16yrs+ supervised drop-in basketball sessions. Two courts are available. Call ahead to check gym availability at 480-350-5201. Program is on going. Fee: \$3.
16yrs+ Th 4:30-8pm KRC
18yrs+ Su 9-11:30am KRC

Drop-In Volleyball Program-The Kiwanis Recreation Center offers men's and women's ages 16yrs+ supervised drop-in volleyball sessions. Two courts are available for all levels of play. Call ahead to check gym availability at 480-350-5201. Program is on going. Fee: \$3.
16yrs+ Su 1-4pm KRC

ORGANIZATIONAL MEETING		
League	Location-Date-Time	Season
Men's Baseball	Not yet scheduled	Spring 2007
Men's Basketball	PAC-11/28/06, 7pm	1/3/07-3/10/07
Flag Football	PAC-8/17/06, 7:30pm	9/19/06-11/21/06
Women's Basketball	Contact the Escalante Community Center at 480-350-5800.	
Co-Rec Soccer	PAC-7/19/06, 7:30pm	9/6/06-11/15/2006
Slo-Pitch Softball	PAC-12/6/06, 7:30pm	1/19/07-4/29/07
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.